

### GOSPEL

*John 17:1-11*

Jesus raised his eyes to heaven and said:

'Father, the hour has come:  
glorify your Son  
so that your Son may glorify you;  
and, through the power over all mankind that you  
have given him,  
let him give eternal life to all those you have  
entrusted to him.  
And eternal life is this:  
to know you,  
the only true God,  
and Jesus Christ whom you have sent.  
I have glorified you on earth  
and finished the work  
that you gave me to do.  
Now, Father, it is time for you to glorify me  
with that glory I had with you  
before ever the world was.  
I have made your name known  
to the men you took from the world to give me.  
They were yours and you gave them to me,  
and they have kept your word.  
Now at last they know  
that all you have given me comes indeed from you;  
for I have given them  
the teaching you gave to me,  
and they have truly accepted this, that I came from  
you,  
and have believed that it was you who sent me.  
I pray for them;  
I am not praying for the world  
but for those you have given me,  
because they belong to you:  
all I have is yours  
and all you have is mine,  
and in them I am glorified.  
I am not in the world any longer,  
but they are in the world,  
and I am coming to you.'

### REFLECTION OF POPE LEO XIV

*10 May 2026*

In today's Gospel, we hear some of the words Jesus addressed to his disciples during the Last Supper. As he turns the bread and wine into a living expression of his love, Christ says: "If you love me, you will keep my commandments" (Jn 14:15). This statement frees us from the misconception that we are loved because we keep the commandments, as if our righteousness

were a prerequisite for God's love. On the contrary, God's love is the basis for our righteousness. We truly keep the commandments according to God's will when we recognize his love for us, just as Christ revealed it to the world. Jesus' words are therefore an invitation to enter into a relationship, not a blackmail or a suspicious ultimatum.

This is why the Lord commands us to love one another as he has loved us (cf. Jn 13:34): it is Jesus' love that begets love within us. Christ himself is the standard, the measure of true love: the love that is faithful forever, pure and unconditional. The love that knows no "buts" or "maybes;" the love that gives of itself without seeking to possess; the love that gives life without taking anything in return. Because God loved us first, we too can love, and when we truly love God, we truly love one another. It is like life itself: just as only those who have received life can live, so too, only those who have been loved can love. The Lord's commandments are therefore a way of life that heal us from false loves. They are a spiritual lifestyle that is a path towards salvation.

It is precisely because he loves us that the Lord does not leave us alone in life's trials; he promises us the Paraclete, that is, the Advocate, the "Spirit of truth" (Jn 14:17). This gift is one that "the world cannot receive" (ibid.), as long as it persists in evil, oppressing the poor, excluding the weak and killing the innocent. Those who respond to Jesus' love for all, on the other hand, will find in the Holy Spirit an ally who will never fail: "You know him," says Jesus, "for he dwells with you, and will be in you" (ibid.). We can therefore bear witness to God, who is love, always and everywhere. Love is not an idea of the human mind, but the reality of divine life, through which all things were created out of nothing and redeemed from death.

By offering us true and eternal love, Jesus shares with us his identity as the beloved Son: "I am in my Father, and you in me, and I in you" (v. 20). This all-encompassing communion of life refutes the Accuser — the Paraclete's adversary, the spirit opposed to our defender. In fact, while the Holy Spirit is the power of truth, the Accuser is the "father of lies" (Jn 8:44), who seeks to set humanity against God and people against one another: the very opposite of what Jesus does by saving us from evil and uniting us as a people of brothers and sisters in the Church.

Dear friends, filled with gratitude for this gift, let us entrust ourselves to the intercession of the Virgin Mary, Mother of Divine Love.

## REFLECTION QUESTIONS

What stood out to you from the Gospel or Reflection/Homily?



**Head:** Pope Leo XIV says that God's love is not a reward for keeping the commandments, but the source of our ability to live them; how does this change the way we understand Christian obedience?



**Heart:** Jesus speaks of eternal life as knowing the Father and remaining in his love; where do you most need to receive and trust that love more deeply right now?



**Hands:** Leo describes the commandments as a way of life that heals us from false loves; what is one concrete way you can choose self-giving love this week instead of self-protection or self-interest?

## PRAYER

Spend some time in prayer with one another:

1. Conscious of what has just been shared, members briefly name/describe their prayer needs.
2. Intentionally call on the Holy Spirit to be present (e.g. "Come Holy Spirit, please be present as we pray")
3. Offer prayers of thanks and praise to God.
4. Pray for each others' prayer needs. Where appropriate, you may like to encourage the group to place a hand on the shoulder of the individual that you are currently praying for.
5. Conclude your prayer time with another prayer of praise, perhaps praying the 'Glory Be'.